MONARCH

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New calendar adds week to school year

By John A. Merullo
Associate Editor

Get ready for an extra week of classes.

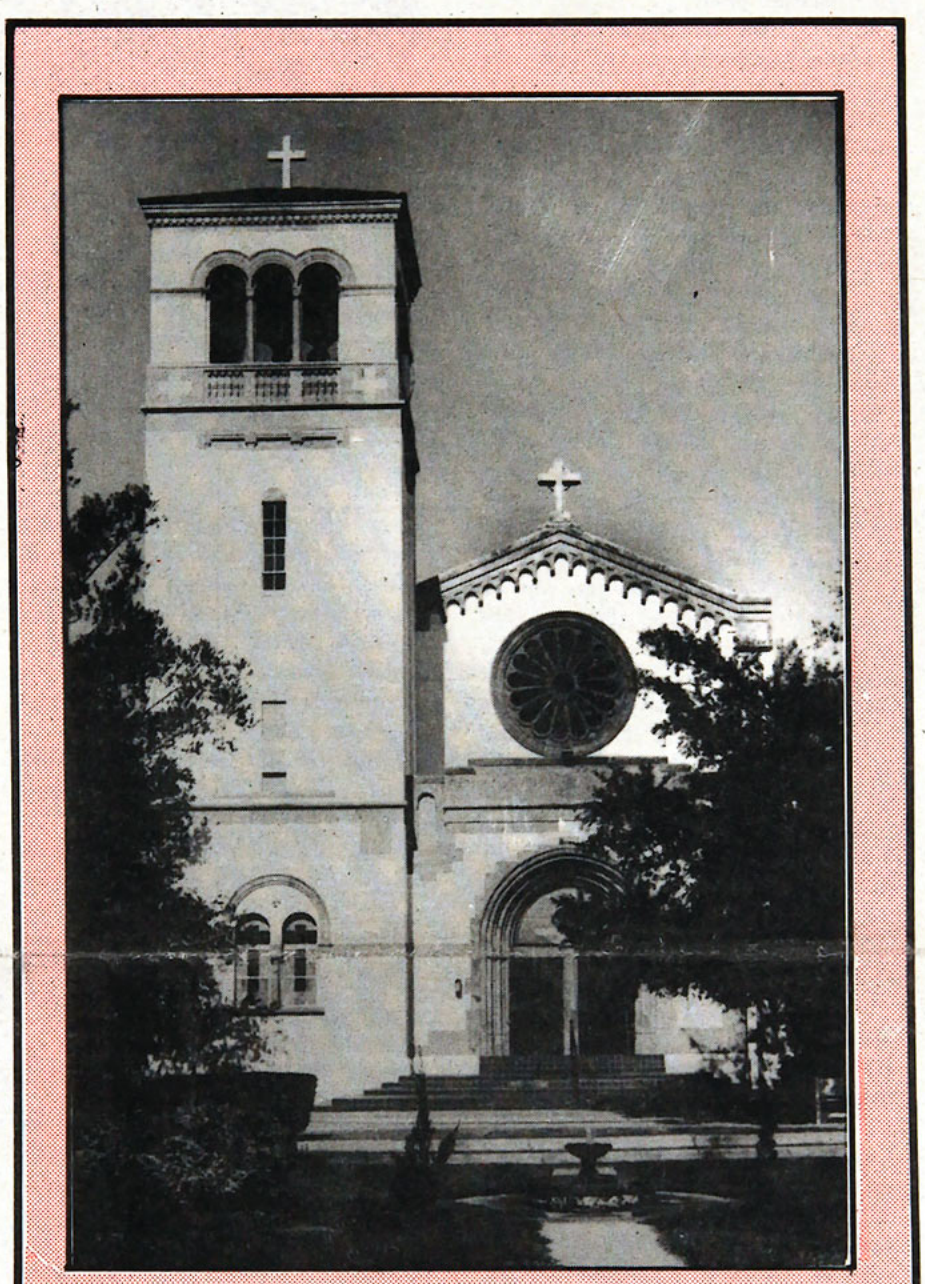
When the 1989-90 academic calendar for Saint Leo College was announced on Nov. 30, it contained seven more class days than did the 1988-89 calendar.

According to Vice-President for Student Affairs Robert Ruday, next year's calendar will be longer because the dates on which final examinations will be administered will not be considered class days, as they were this year.

"Some faculty members requested that we have more days of classes," explained Ruday, "and the Southern Association of Colleges and Schools recommends a certain number of days of classes." As the recommendations were not being met, the college is adding the extra days to the academic calendar.

Changes to the schedule include the elimination of the one-day break during the Fall Semester and the addition of four days for final examinations for each semester. The elimination of the Good Friday holiday had been considered, but according to Ruday, "we (the administration) feel that as a Catholic institution, we should make a (religious) statement."

Details of the calendar include: Aug. 29, 1989 arrival of new students; Aug. 30 - Sept. 3, orientation; Sept. 4, arrival of returning students; Sept. 5 registration; Sept. 6, classes begin; Sept. 12, last day to drop or add classes without fee; Oct. 27-29, Family Fall Festival Weekend; Nov.2, last day to drop classes; Nov. 22-24. Thanksgiving break; Dec. 13, classes end; Dec. 14-16, 18, final examinations; Dec.19, semester ends; Jan. 4, 1990, arrival of new students for spring semester; Jan. 5-6, orientation; Jan. 7, returning students; Jan. 8, registration; Jan. 9, classes begin; Jan. 15, last day to drop or add classes without fee; March 12, last day to drop classes; March 19-23, spring break; April 13, Good Friday; April 19-21, 23, final examinations; April 24, semester ends; April 28, commencement



Holiday face lift.

Renovation on the Saint Leo Abbey church was completed just in time for the Christmas season.

Food basket success

Thanks to Saint Leo College students, faculty and staff, dozens of East Pasco families had a happier Thanksgiving this year. Response from College staff to the Thanksgiving Food Drive was overwhelming, according to Campus Ministry director Sister Geraldine Warthling, O.S.F., who called the drive "a tremendous success."

When the totals were counted, the student organization delivered more than 60 baskets. The collected non-perishable food was supplemented by meats and milk bought with $200 in cash donations. Pasco County Migration Resettlement Office helped the Campus Ministry volunteers avoid duplication of gifts in the community.

Recipients included migrant families as well as local residents. Most of the baskets were given to homes close to Highway 52. "These were delivered very close by - to our neighbors," Sister Geraldine said.

Merry Christmas
and best wishes
for a healthy and
Happy New Year !
from the Monarch Staff

Jovita closed again

By Jeffrey W. Brlecic
Editor

The Environmental Health Services of the Pasco County Health Department which is regulated by the State of Florida Department of Health and Rehabilitative Services has, in a letter dated Nov. 29, once again notified Saint Leo College that Lake Jovita is not safe for recreational activities because of excessive pollutants.

The pollution problems in the lake were discovered in a routine bacteriological survey conducted Nov. 15.

In an interview last October, Otto Georgie, the swimming pool and bathing coordinator for the Pasco County Health Department, said that a bacterial count of 1,000 parts per milliliter is the highest permissible level for a public bathing area. The most recent survey conducted has found Lake Jovita levels reaching 5,000 parts per milliliter in certain areas.

William V. Creighton, director of Saint Leo College's physical plant operations, said that the pollutants are not due to human waste, but rather a combination of many sources. The current problems, he contends, are a result of the heavy rains experienced during the recent hurricane threat.

Creighton identified the three major sources of these pollutants as run-off from highway 52, the surrounding orange groves and the nearby cattle ranches. The run-off from highway 52 brings with it petroleum residues, the run-off from the surrounding groves adds chemical fertilizers and insecticides, while run-off from nearby cattle ranches contributes animal feces.

Creighton expressed that this problem is not limited to only Lake Jovita. "Man, with his continual building, has isolated water run-off to the degree where this drainage has begun to accumulate and create severe problems throughout Florida," he said. The Southwest Florida Water Management District is battling this problem daily, according to Creighton.

Creighton expects the lake to clean itself within the next month or two.

Christmas is a seasonal reminder to love

By Rev. John Flattery
Adjunct Professor of Religious Studies

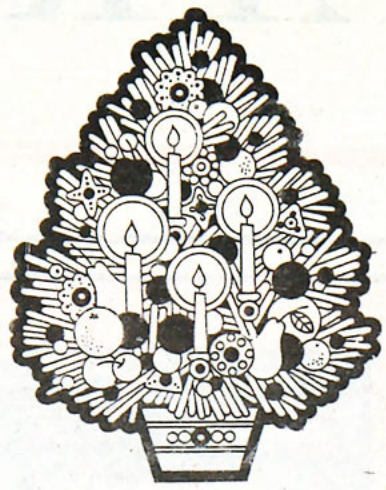
On Dec. 25 the Christian world will celebrate the birthday of Jesus. This feast is called Christmas, a shortened form for "Christ's Mass." It is one of the most loved and joy-filled feasts of the Christian year.

Surprisingly, the birth of Jesus was not commemorated for almost 300 years after his death.

After Constantine became emperor and liberated the church from legal persecution, Christianity spread rapidly in the Roman empire. Traditionally the Romans celebrated the birthday of their rulers and so it was not a great step for the Roman Christians to start thinking of celebrating the birthday of Jesus, their King of kings.

During this period, the Christian faith had many powerful rivals amid the entrenched polytheism of the people. One of the most important was the worship of the Invincible Sun with a major festival on Dec. 25. To combat this popular pagan devotion and to offer the Christians something in place of it, churchmen introduced a feast in honor of the birth of Jesus, the Son of God. The church in effect baptized a pagan festival of the Invincible Sun and transformed it into the feast of the Son of God, the real light of the world.

Quickly the feast became popular and spread widely in the empire. By the fifth century it marked the beginning



of the church year of remembrance.

Next was added a time of joyful preparation called Advent. The liturgy during this season searched the Scripture for prophecies of the coming Messiah. Many of the readings came from Isaiah and especially loved were the following:

Therefore the Lord himself will give you a sign; A young woman is with child and she will bear a son and will call him Immanuel, that is, God with us. (Isaiah 7:14)

The people that walked in darkness have seen a great light; on the inhabitants of a country in shadow dark as death, light has blazed forth. . .
For a son has been born for us, a son has been given to us, and dominion has been laid on his shoulders; and this is the name he has been given, 'Wonder-Counsellor, Mighty-God, Eternal-Father, Prince-of-Peace,' to extend his dominion in boundless peace. (Isaiah 9:1, 5-6)

By the sixth century the Twelve Days of Christmas had already developed. The feast of the birth of Jesus on Dec. 25 had been linked to a feast that originated in Egypt and celebrated the manifestation of Jesus as the Universal Messiah. This feast, kept on Jan. 6, was called the Epiphany. So Christians called the joyful time between the feasts the Twelve Days of Christmas.

This church celebration of the birth of Jesus further developed in the hearts and homes of the faithful. In pre-Christian times fires were often lighted for ceremeonial reasons as well as to provide heat and light during the cold December nights. The Christian baptized this custom too and saw it as a symbol of Christ as the light of the world — the light overcoming the darkness.

The yule log was another festive use of fire. A decorated Christ-candle graced many homes and reminded the household that Christ was the light of the world.

The Christmas tree began in Germany and gradually spread across Europe. St. Francis of Assisi was a great champion of the crib scene and encouraged it in both the home and the church.

Special foods also became traditional, and both flowers and greenery added to the spirit of celebration.

Gradually, fire and foods, flowers and trees, cribs and greenery formed a rich tapestry of Christmas observance across Europe. During the great immigration of the last century, many of these European Christmas customs were brought to America and mixed with local customs to create an even more beautiful mosaic of Christmas observances here.

So in 1988, as students and faculty take time to enjoy this warm and wondrous Advent and Christmas with their loved ones in homes and churches across the country, may all enjoy the long tradition of rites and ceremonies that mark the commemoration of the birth of Jesus. May the Christ, the light of the world, enlighten all hearts and thus bring the promised peace to the whole world!

Giving: The ultimate gift of oneself

By Felicia Maer
Special to the Monarch

C.S. Lewis in his book, *The Joyful Christian*, says, "It might be hard for an egg to turn into a bird; it would be a jolly sight harder for it to learn to fly while remaining an egg. We are like eggs at present. And you cannot go on indefinitely being just an ordinary, decent egg. We must be hatched or go bad."

I am a good egg and I live here at Saint Leo with other good eggs. We live comfortable and secure lives, protected from the world outside by our studies, our parents and our daily routines. And it is indeed a rare opportunity for us, as students, to break out of our comfort zones and venture out into the real world to do what Jesus commanded, "Love one another as I have loved you." (John 13: 34)

Preparing and delivering the Thanksgiving baskets for the needy was an opportunity for some of us to grow as human beings. It was reaching out with our own hands, putting our bodies and our presence into situations that are too easy to forget in the midst of our own holiday preparations. It was personalizing the poor, putting a face and a heart to the nameless masses.

Sixty food baskets and $200 were donated by Saint Leo staff and campus organizations. Campus Ministry collected and delivered the baskets. Those of us who actually delivered the food to the needy saw the rundown wooden houses, the mobile homes, the children in dirty clothes and the people living with the barest of necessities. Yet, with our own eyes we saw that these houses were homes because love flourished inside ramshakle walls.

Theresa Pepe, Jaime Sanchez and I were sent to the home of a beautiful woman with smiling eyes, seven children and a father who had hope in his eyes. They were poor but we could tell they were happy because they were together and they had each other. We came with the baskets and they invited us into their home. Jaime spoke Spanish and they seemed happy to have company. We introduced each other and we found out that one of the children's name was also Jaime which brought a lot of laughter.

In our conversation we found out that Jaime had written little Jamie a little note not that long ago about their common names. Jaime Sanchez's roommate teaches at little Jaime's school and had asked him to write the note. We laughed and talked some more and I think all of us were amazed that we had ended up in that particular home. Before we left, the father gave Theresa, Jaime and me a Mexican coin. It was his way of thanking us.

What did we feel? It seemed without doubt that God wanted us to go to that special house to learn more about love and giving. And we certainly got more than we gave. We gave them food to eat and they gave us food for our soul. We were all very happy to have been given the opportunity to be in that house. Perhaps with this experience, all of us will be more willing to take a peek outside our protective shells and learn more about the world.

Monarch

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Opinions expressed and concepts presented in the Monarch are not necessarily that of Saint Leo College.

Letters to the editor

Editor:

In the Dec. 1 edition of *The Monarch*, Mrs. Shanaberger cries out to stop legalized killing." She singles out Florida's execution of one Jeff Joseph Daugherty and brings forth a preposterous assertion that the timing of the execution was covered by the coinciding general election.

Nowhere in the article does Mrs. Shanaberger state why Daugherty was arrested, indicted, tried and convicted by a jury of his peers and duly sentenced. Are we to believe that Daugherty was found guilty of jay-walking? Hardly! This man, simply put, murdered a fellow human being.

So the question then becomes, what is the State's duty in serving its citizens? John Locke argues in his "Second Treatise on Government" that man leaves the state of nature to enter a civil society under a social contract. Under the terms of our contract with the State, the State is obligated to equally enforce the laws which the society has set forth. This includes equal punishment of transgressions. Thus, the State is morally obligated to punish the murderer in an equal fashion.

While the question of whether capital punishment deters further crime remains unsettled, one thing is guaranteed with metaphysical certitude: Jeff Joseph Daugherty will never again murder another person.

Mrs. Shanaberger needs to refrain from diverging from the main tenets of this argument, and quit squawking about political conspiracy theories.

Daniel Bukas

Winter grads

Saint Leo College has named 42 students as graduation candidates for January, 1989. The following candidates are expected to receive their bachelor's degree:

Cynthia D. Bacon of Cross City, Fla., an accounting major; Dorne C. Brookes of Saint Johns, Antigua, an accounting major; Jeffrey E. Bukovan of Largo, Fla., a management major; Jay J. Collins of Spring Hill, Fla., a physical education-/general studies double major; Kelly A. Crawford of River Forest, Ill., a criminology major; Helena R. Dackermann of Linden, N.J., a dance major; Renee L. Davis of Tarpon Springs, Fla., a marketing major; Ellen T. Fitzgerald of Lombard, Ill., an elementary education/music theatre double major; Michael P. Flynn of Aurora, Ill., a marketing major; Artha B. Gerken of Brooksville, Fla., a public administration/ elementary education double major; Charles T. Griffin of Spring Hill, Fla., an accounting major; Patrick E. Gross of Safety Harbor, Fla., a marketing major; Patricia A. Gunson of Pembroke Pines, Fla., an English writing track/pre-law double major; Hugh Eugene Hayes of Rumson, N.J., a management major; Patrick F. Hurley of Falls Church, Va., a history major; Andrea P. Joseph of Key Colony Beach, Fla., a criminology major; Donald J. McDermott of Robbinsville, N.J., a sports management track major; Louise D. McKay of Saint Johns, Antigua, an accounting major; Jane L. McNiff of Tampa, Fla., an elementary education major; Patricia E. Murphy of Lakeland, Fla., a management major; Mark P. Murphy of Orlando, Fla., an elementary education major; Tina B. Nemeroff of North Palm Beach, Fla., a theatre/art double major; Brett Paul of Hingham, Mass., a management major; Arthur P. Petracco of Wall, N.J., a restaurant management major; Andrew S. Phillips of Coral Gables, Fla., a political science/international studies double major; Jolene E. Reynolds of Clearwater, Fla., a psychology major; Sandra L. Richardson of Brooksville, Fla., an elementary education major; Bradley P. Richert of Dade City, Fla., a restaurant management major; Sue Rosenbaum of Wesley Chapel, Fla., a psychology major; Vincent M. Salafia of Holiday, Fla., a pre-law/political science major; Leslie G. Salmon of Saint Johns, Antigua, a management major; Richard E. Schleicher of Tampa, Fla., a marketing major; Kate C. Schneider of New Port Richey, Fla., an elementary education/early childhood double major; Christina Schultz of Union, N.J., a dance major; Anthony G. Shaker of Fairview Park, Ill., a finance major; Frank T. Stockstill of Dade City, Fla., a finance major; Elizabeth A. Taintor of Glastonbury, Conn., a restaurant management/ marketing double major; Christopher T. Tierney of Shrewsbury, N.J., a marketing major; Cynthia M. Verdone of Ramsey, N.J., a restaurant management major; Jonathan P. Watts of Devonshire, Burmuda, a management major; Patrick D. Wells of Tampa, Fla., a sports management track major; and Scott M. Yankton of San Diego, Cal., a marketing major.

"Who's who"

By John A. Merullo
Associate Editor

The 1989 edition of *Who's Who Among Students in American Universities and Colleges* will include the names of 13 students from Saint Leo College who have been selected as outstanding campus leaders.

Honored are:

George Anthony Bariso, a senior restaurant and hotel management major from Butler, N.J., currently vice-president of the Student Government Association (SGA) and secretary of Sigma Phi Epsilon National Fraternity, Florida Lambda Chapter; Mary Ann Beeman, a senior elementary education major from Tampa, Fla., currently president of Campus Ministry; Benjamin Harrison Burch, a senior international studies/history major from Macon, Ga., who currently serves as Saint Leo ROTC's public relations and recruiting officer as well as Senior Resident Assistant for Saint Edward and Saint Leo Halls; Christina Colbert, a senior management major from Kissimmee, Fla., who served as editor of the *Golden Legend* yearbook for two years; Sandy Hotwaner, a senior criminology major from Midlothian, Ill., currently captain of the Lady Monarchs volleyball team, president of Panhellenic, and chaplain of Psi Theta Epsilon Sorority; Mary Patricia Jude, a senior social work major hailing from Minnesota, but currently residing in Cape Coral, Fla., currently serving as vice-president to both Campus Ministry and the Pre-Law and Debate Society as well as chaplain of Alpha Xi Omega Sorority; Barbara Anne Kirk, a senior psychology major fom Atlantic Height, N.J., currently president of Delta Phi Delta Sorority and treasurer of SGA; Craig Warner Love, a junior finance/accounting major from Troy, N.Y., currently treasurer of Tau Kappa Epsilon National Fraternity, Saint Leo College Colony and president of the Saint Leo College chapter of the American Marketing Association (AMA); Dyanna Elizabeth Rhoades, a senior marketing major from Orlando, Fla., currently AMA's vice-president of advertising and senior class secretary; Pola Estela Sanchez, a senior psychology/English major from Lake Butler, Fla., currently vice-president of the Saint Leo Ambassadors and corresponding secretary of Panhellenic; and Melody Shanaberger, a senior pre-law/political science major form Dade City who is the founding president of Amnesty International U.S.A., Saint Leo College Group and currently secretary of the Pre-Law and Debate Society. Also honored is Wendy Wildie, a junior accounting major from Saint Louis, Mo., attending Saint Leo through the Military Education Program at MacDill Air Force Base.

These join an elite group of students selected from more than 1,400 institutions of higher learning throughout the country. Nominations are based on academic achievement, service to the community, leadership, extracurricular activities and potential for continued success.

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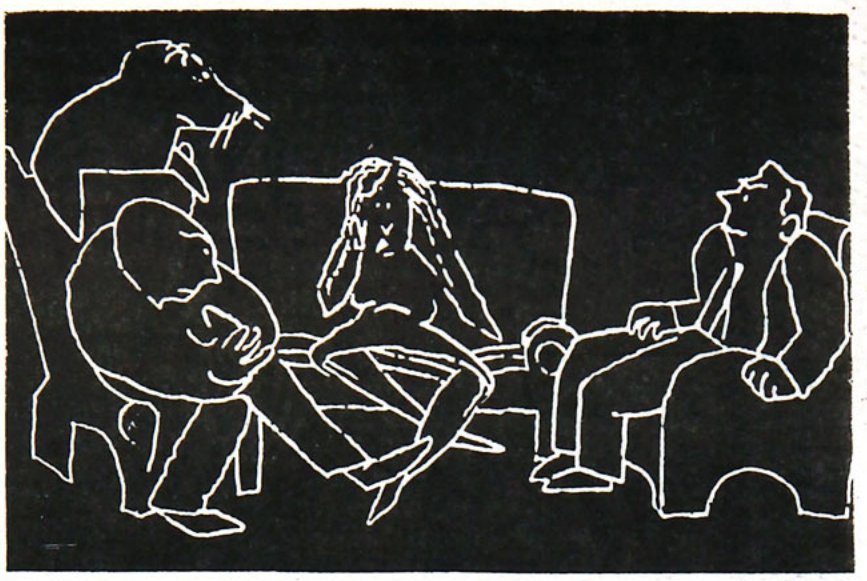
The "Male Animal" leaves them laughing

By William Quigley
Monarch Staff Writer

"A handsome, halfwitted halfback," is all that Ellen and Patricia (Kaarla Geiger and Susan Deloge) want. However they are both really in love with two scholars, Tommy and Michael (Darren Felty and David Peterson). Both Ellen and Patricia are forced to make a decision about whom they want. Ellen, who is married to Tommy, meets an old football star boy friend. And Patricia must choose between the school's star football player, and the school's editor of the literary magazine.

Central to the story is the theme of censorship. Tommy wishes to read a letter of the convicted anarchist, Bartolomeo Vanzetti, to his classes. Michael writes a story in the school's literary magazine calling the school's board of trustees a group of fascists. The board members want Michael to retract, and Tommy not to read the letter.

This comedy is much like other movies, sit-coms, and plays of the 1940's and '50's. The cast on a whole did a superior job. The crowd from the very beginning was in stitches, and the actors kept the audience laughing. The director, C. David Frankel, scenographer, Dennis Henry, and the entire cast are to be commended for an outstanding performance.



Thurberesque Art by Joseph Geiger

mixed with some blander fare.

In the first category is Tommy Turner (played by Darren Felty). Felty could not have played the "nerdy" Turner any better. He was sarcastic in the right places, funny in others, and serious in still more. In the first act, his innocent child-like qualities come through. By the end of the play he learned to stand up and demand his right to read the letter and the right to keep Ellen. Mr. Felty is an outstanding actor and is the star of the play.

The other lead male, Joe Ferguson (played by Donald McGuinness), plays the role of Ellen's old love. The part is played with outstanding power. McGuinness plays the "halfwitted halfback," Tommy's challenger, like a pro. McGuinness and Felty play off each other very well. When each is on stage there is a driving competitive energy. They both understand their characters and where they are going with them.

Five other outstanding actors are Cleota (played by Lisa McColgan), Ed Keller (played by Joel Sherman), Myrtle (played by Sandi Kelly), and Mrs. Blanche Damon (played by Ann Beatty), and Patricia Stanley (played by Susan Deloge). Cleota plays the Turner's sarcastic maid. She gets some of the best lines in the play. Keller plays the antagonist who represents those who want censorship. This one part is played with a touch that doesn't get overly dramatic. Myrtle and Blanche are great minor parts that are played to comic perfection. Patricia plays her part well, she is consistent throughout. Her role is important and well portrayed.

Although the cast as a whole did an outstanding job some individuals did not shine so brightly. As the play opens, Ellen (played by Kaarla Geiger) sounds as if she is Tommy's mother, treating him like a child, not a husband. By the second act, she herself has become an irrational child, running off stage from either Tommy, Joe, or both. After the fight scene, Miss Geiger, nearly losses her voice and is reduced to rasping.

The fight scene between Tommy and Ellen is the play's best, and is Kaarla's best scene. Unfortunately, for most of the play she seems totaly unsure of where she wants her part to go. She seems as though she is making up her mind on stage which Ellen to be. Her performance, save for one scene, does not flow.

Michael Barnes (played by David Peterson) is a character who shows no emotion and very little character. In the entire first act he seems nervous on stage, almost to the point of being awkward. Throughout, he seems much too childish to be in college or as smart as we are lead to believe.

Peterson is only saved by an outstanding drunk scene between Tommy and Michael. This scene is a classic and made so by Peterson's comical faces. This scene brings the house down and we finally see Michael show some emotion.

Finally, two characters, Dean Damon (played by David Gilpin) and Wally Meyers (played by Robert Comito), seem unsuited for their parts. Gilpin over-acts as the Dean. He seems to forget this is a comedy. Wally trys too hard not to be what he should be, a dull-witted halfback. Neither is funny, and both seem out of place.

By the end of the play, the comical reaches a climax. Tommy finally stands up for what he believes in: that colleges are the last place of free exchange of ideas and thoughts.

The play ends happily, of course. Ellen picks Tommy and Michael picks Patricia. *The Male Animal,* is a play that highlights the conflicts between men and women and individual and society. The cast can be proud of a performance that is, in a word, outstanding.

Circle K: not what you think

By Eileen Rea
Monarch Staff Writer

Circle K. . . probably the most misconceived organization on campus. Popular identities for Circle K are "a convenience food mart" or " the club for people from the Islands." Neither of these is true.

What Saint Leo seems to have forgotten is that when this club was founded in 1967, an American established it. Like most colleges state, Circle K "does not discriminate against race, color, creed, sex. . . and so on."

Circle K is a service-oriented group sponsored by the Kiwanis Club of San Antonio. Agnes Smith, the organization's president, encourages anyone who enjoys helping others to join the club. She says it "teaches leadership, public speaking and committee skills, and is a great way to make friends."

Recently, Circle K sponsored a Walk-a-thon for the Muscular Distrophy Association. Their grand total of $1,006.06 surprisingly exceeded the expected total of $500.

The organization travels frequently. This March members will go to Cocoa Beach for the district convention. In August they will attend the national convention in Cincinnati.

If you're interested in this organization contact Agnes Smith or club moderator, Allan J. Powers.

Toy Box

Saint Leo College students and staff donated toys for needy children at Christmas. Sister Geraldine Warthling, O.S.F. displays campus ministry's toys for tots box.

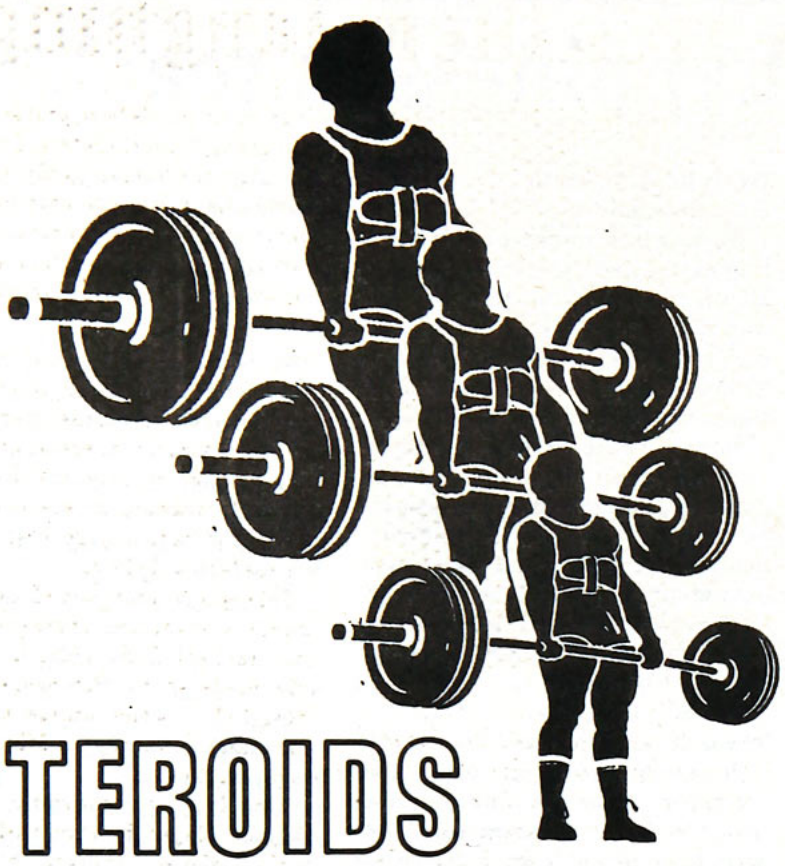
La Triviata English Lit

By John A. Merullo
Associate Editor

What kind of English major would I be if I couldn't come up with ten literary trivia questions?

1. What famous work did Charles Dodgson write?
2. Which writer coined the term "pandemonium"?
3. On what famous English landmark did Tess of *Tess of the d'Urbervilles* sleep?
4. In Shakespeare's *The Merchant of Venice,* what did Shylock demand of Antonio?
5. Whom did Alfred, Lord Tennyson hope to see "face to face" upon "Crossing the Bar"?
6. What is generally regarded as the first English novel?
7. What work features an old woman who lived in a "narwe cotage?"
8. In Dickens' *Great Expectations* who was revealed to be Pip's patron?
9. After Grendel's defeat in *Beowulf,* who went after the hero?
10. What are the last five words in Charlotte Bronte's *Jane Eyre*?

Answers next year!



STEROIDS

Pumping disaster

Bear Bryant, the legendary University of Alabama football coach, used to say after his team would be unimpressive in winning: "Sometimes you lose when you win."

That pretty well sums up the use of anabolic steroids, too. You might win some muscle, but sooner or later you'll most likely be wearing a loser label.

Anabolic steroids may help put muscle on some people when they're used while lifting weights. However, the list of side effects or adverse reactions from steroids runs longer than the number of All-Americans that even Bear Bryant could produce in his many years of coaching.

Many people who use steroids are aware of the possible side effects, or adverse reactions, but they figure that most of the problems will be in the future and the future is a long way off. Not so. Acne, sexual function problems, rashes, and the infamous and uncontrollable "roid rages" are among the possible immediate consequences. Longterm side effects may include early heart disease and liver tumors.

The argument is made that anabolic steroids help a person recover from injuries. There is precious little evidence to support that claim. Actually, anabolic steroids aren't very popular as prescription drugs. They are used for certain types of cancer treatment and for some rare conditions, including a disease called hereditary angioedema, which is hardly a threat to those able to pump iron.

Anabolic steroids came to be used by athletes more than 30 years ago after the Russians and East European athletes dominated some international sports events. It was learned that their athletes had bolstered themselves with a male hormone called testosterone. Anabolic steroids are a synthetic version of testosterone, developed in the 1960s. Their American developer, Dr. John B. Ziegler, was later to tell *Sports Illustrated* that he wished he could have taken that chapter out of his life.

Those Communist athletes who won so many victories did so at great expense. They were taking so much of the male hormone that many of the male athletes had to be catheterized (a tube inserted in the penis) in order to urinate. The women were so masculine-appearing that chromosome tests had to be conducted to prove that they were females.

Testosterone has many jobs to do within the body. Among other things, it stimulates the development of bone, muscle, skin and hair growth as well as emotional responses. The body produces 2½ to 10 miligrams of testosterone a day in an adult male. Of course, weight lifters are known to take many times that amount in a single day.

When the body gets too much testosterone, it reacts in many ways. One response may be to shut down skeletal growth mechanisms, resulting in stunted growth in children, or shriveled testicles, or lowered sperm counts, or balding.

Women produce very little of the hormone. So they take on masculine characteristics when they use steroids. Some of those traits never return to normal.

Long as it is, the list of side effects or adverse reactions from anabolic steroids may not be as long as it should be. That's because steroids haven't been studied in the amounts and combinations ("stacking") being taken today by many weight lifters. Nor does it take into account the adverse reactions that might result when steroids are taken with other drugs, such as those used to counteract unwanted steroid side effects.

Actually, steroids are not prescribed very often, so a black market has sprung up to supply athletes. However, buyers beware: Black-market steroids often come from underground laboratories or foreign countries and are of very questionable quality and purity. In fact, they may not even be steroids. The black market has problems of its own — in May 1987, for instance, 34 people were charged with conspiracy to make, smuggle and distribute counterfeit steroids after a federal investigation.

The National Football League has added anabolic steroids to its roster of test drugs. Players were tested in training camps in August 1987 for the first time. Positive results bring suspensions and could lead to being thrown out of the league.

More musclemen, athletes and other sports officials are denouncing the drugs. Jesse Ventura, the TV wrestling commentator, movie star and muscleman in his own right, says he tried steroids, learned about them and realized "they have no place on my training table."

"Mr. Olympia" — Lee Haney — notes that muscle gain from steroids is only temporary and adds: "You'll ultimately make your best bodybuilding gains if you avoid steroid usage and just concentrate on hard training and good nutrition."

In a letter to all NFL players, Commissioner Peter Rozelle said: "It is recommended that you educate yourself and your teammates about the hazards of anabolic steroids."

In other words, don't lose at winning. Pump iron, not trouble.

Department of Health
and Human Services
U.S. Public Health Service
Food and Drug Administration

College weight room: Pain, no gain

By Craig W. Love

As the summer months went by, and we sweated out workout after workout at our hometown gyms, the thought of Saint Leo kept flashing into our minds.

Would this be the year for a much needed new weight room?

Would the weight room be open on Saturday for a few hours in the afternoon?

Would there be enough weights so someone could do squats while at the same time someone else was benching or doing shoulder presses?

Soon the Fall arrived and we were back at Saint Leo, psyched and ready to hit the weights with a new found commitment in the new weight room we had envisioned.

But then reality set in at registration as we walked into the same old weight room with the same old equipment and the same old weights. . . what a pain.

The first week of school began, and we saw just how many new students there were. At peak times there were as many as 30 students in the weight room at the same time. . . what a pain.

Many students decided enough was enough, and they went to other gyms in the area. Some went to a local high school where they could train for only $10 a month in a large complex gym. Others went as far south as Tampa to Gold's Gym for $65 a semester. These students were turned away by something that was designed to keep them here, and that just isn't right. Even though numbers have dropped, the weight room is still often overcrowded. This not only hinders students workouts but it makes for a dangerous situation. Roger Tamborlane says, "Due to overcrowding, accidents are more likely to occur. So far there have only been near misses, but that's only due to luck."

Another student lifter, Shaun Chute, said, "The weight room is like a little box which everyone tries to cram into. There isn't enough room for all the weights thus there aren't enough weights for all the people."

Although many students share this same opinion, some feel differently. Ben Wyzansky says, "The weight room at Saint Leo, small as it is, has all the equipment needed for a good workout. You don't need 10,000 feet to get a good pump as long as you train properly."

Besides the size of the weight room there are many other complaints students have which seem valid. For example, there are six pieces of equipment which require a straight bar, and there are only four straight bars. There are three 5-pound weights and only one 2½ pound weight when they can only be used in pairs. There is no portable bench and no radio. There is a chalk pit but never any chalk to go in it.

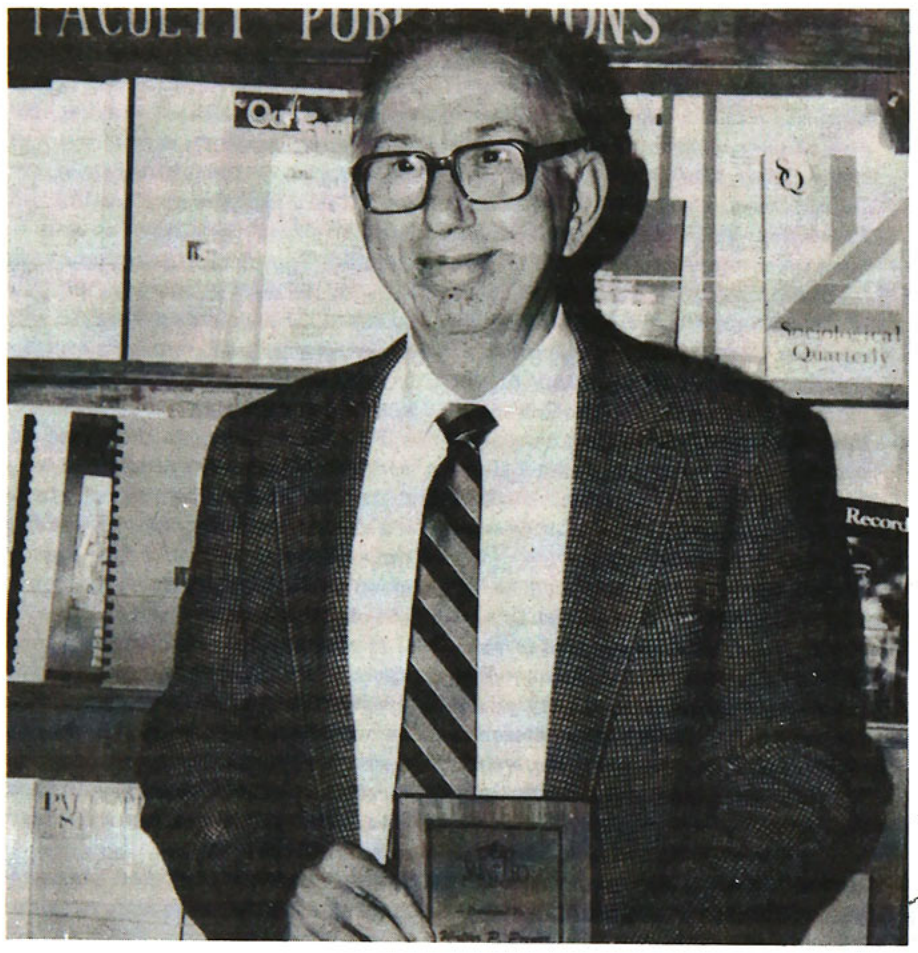
The weight storage room leaks, causing the weights to rust. The pully cable on the universal often falls off, and students risk injury when they try to fix it themselves. The ankle pads on the situp bench constantly fall off when students do situps. The floor and mats are very rarely, if ever, properly cleaned. Last year two pieces of equipment were purchased which required free weights, and no additional free weights were purchased to accompany the equipment.

One of the new devices, the pulldown machine, does not have an adjustable seat which makes it useless to the taller lifters because the weight rests on the rack when their arms are fully extended.

But by far the biggest complaint is that there just aren't enough free weights to go around. There are only eight 45-pound plates, and they are often all used at once when people do squats.

Until some of the major problems are solved, the only way the weight room can work efficiently is if everyone shares the weights and works together, even if that means having to wait for someone to finish a set, or maybe by using other combinations of free weights when the 45-pound plates are unavailable.

Humanties hero finds happiness in teaching



By John A. Merullo
Associate Editor

Walking into the office of Dr. Walter Poznar, the first thing one would probably notice is the fact that one huge wall is covered with bookshelves, piled high with books. Dr. Poznar, professor of humanities at Saint Leo College, enjoys teaching and literature.

Born in Elizabeth, N.J. in 1929 Dr. Poznar is a relative newcomer to the Saint Leo College English department, arriving in 1983. (More than half of the full-time faculty in that department have taught here for 20 years or more.) He previously spent 20 years teaching at Keuka College in Keuka Square, N.Y., which Poznar describes as "on Keuka lake, one of the finger lakes. The lake is 22 miles long and Y-shaped."

He came to the college to read literary papers at the humanities festival on a few occasions before coming to teach here. He got to know the people here, and after the retirement of former president Dr. Anthony Zaitz, Poznar was offered a full professorship.

He explains that his title is "professor of humanities" rather than the customary "professor of English" because he teaches a few courses such as "Introduction to Film" and "The Classical World View" which are not traditional English courses.

Dr. Poznar says his favorite aspect of Saint Leo College is teaching. He remarks that the students are a diverse group for a school this size, the faculty is professional, and there is little politicking among the administration.

In his spare time, Dr. Poznar enjoys watching basketball and movies, and reading. He has three grown children. His wife teaches English at Pasco Comprehensive High School in Dade City.

Dr. Poznar said that one of the best parts of Saint Leo College is the flexibility of the curriculum. "One student is different from another, some classes are good for one student, others for another. Each student will also get the amount of individual attention that he or she wants."

Dr. Poznar has also written several literary papers, many of which have been published. "I write them because I enjoy it," he says, "so far I've only been paid for one of them — a grand total of $25."

Organizations

New campus club

There is a new organization on the Saint Leo College Campus. In November, The Hotel Sales and Marketing Association was established. The club offers members the opportunity to acquaint themselves with the basic concept and philosophies of sales and marketing in the hospitality industry. Because the Hotel Sales and Marketing Association is a national organization, it also provides members with th opportunity of meeting various other people in the field.

On Dec. 8 at 11 a.m. Selby Auditorium, the Hotel Sales and Marketing presented their first guest speaker, David Dorf, national president of the Hotel Sales and Marketing Association. A 2 p.m. reception in Duncan Lounge gave students the opportunity to meet Mr. Dorf as well as other successful people in the hospitality industry.

Psychology club

During the fall semester, the psychology club hosted alumni speakers who work at the Florida Mental Health Institute. The guests spoke about their job experiences. The speakers included training coordinator Dr. Shirley Chrisman, Laura Leberge, Frank Lane, Kay Crisler and Jan Green.

The club also presented "Pizza and Movie Night" featuring "Charlie," about a mentally retarded man who received artificial intelligence. This activity was successful.

This club plans an enjoyable and intellectually enriching spring semester. Possible activities include a field trip to the Florida Mental Health Institute, visiting a program on drug and alcohol abuse, a presentation on eating disorders, a seminar on testing for graduate school, a presentation on peer counseling, a "Movie and Pizza night," a field trip to a children's hospital, and a special surprise for Valentine's Day.

Valerie Woodley, kneeling, Patty Pierre and Paulette Davis put the finishing touches on a Christmas tree.

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Kappa Theta captures 4th championship

Kappa Theta, 1988 IFC Superbowl champions.

Sigma Lambda's Brian Knight flattens Kappa Theta's Mike Flynn while Matt Sullivan moves in for the stop.

Lambda's performance.

By Bob Farrell
Special to the Monarch

On Saturday, Dec. 3 the Inter-Fraternity Council and the Intramural Program sponsored the annual Super Bowl that matched the two best fraternity football teams for the 1988 season. This year had the three time defending champions Kappa Theta Fraternity against their arch-rival the 4-3 Sigma Lambda Fraternity.

Kappa Theta, coming off an undefeated season, won the toss and elected to receive. After managing only one first down, Kappa Theta was forced to punt which led to a game which first seemed to be a defensive struggle between the two.

Kappa Theta managed to score first on a perfect spiral by Art Petracco to Jimmy Murdaugh. Unable to score the extra point, Sigma Lambda and Kappa Theta's offense sputtered while the defense took over. The first half was highlighted with key quarterback sacks by Johnny Van Zyke of Sigma Lambda and Rich Buoye of Kappa Theta. After a sack by Kappa Theta, Sigma Lambda was able to score on their fourth series of play with a superb run by their quarterback Jimmy "JT" Tuccillo to tie the game 6-6. With little time left in the half, Kappa Theta managed to score on a quick middle screen pass from Petracco to Murdaugh with key running by Murdaugh and clutch blocking by Mike "Rubble" Stearns. Unable to score on the extra point Kappa Theta took a 12-6 halftime lead.

The second half started with Lambda's ball, but due to a sack by Buoye, Lambda was forced to punt. Kappa Theta began the second half just as they ended the first half with another touchdown pass from Petracco to Murdaugh for the third time to give Kappa Theta an 18-6 lead. The game was turned to a defensive standstill that was highlighted by a clutch safety by "Shaggy" Kennedy to extend Kappa Theta's lead to 20-6 and assure them a victory.

The victory by Kappa Theta gave them their fourth consecutive Super Bowl title and an overall record of 35-1 for the past four years. While the score seemed lopsided, the victory was by no means easy. The Sigma Lambda defense, led by aggressive play of Tom Van Etten, frustrated Kappa Theta's offense with heads-up play. Lambda's quarterback, Jimmy Tucillo, and wide receiver, Chip Harbin, combined to keep Theta's defense on their toes.

IFC wrap-up

By J. Todd Broadwater
Special to the Monarch

The 1988 I.F.C. fraternity football season was highlighted by Kappa Theta capturing their fourth straight championship, with a first time seven frats competing, the games were exciting and the talent was at its finest. Sportmanship was shown by all frats both in winning and losing. The season demonstrated the most porductive football year I.F.C. has had in terms of talent, sportsmanship and overall action.

1988 Season Standings

Kappa Theta	6-0
Sigma Beta	5-1
Sigma Lambda	3-3
Tau Kappa Epsilon	3-3
Sigma Phi Epsilon	3-3
Kappa Alpha Sigma	1-5
Alpha Sigma Chi	0-6

Playoff Results

Kappa Theta 31 Tau Kappa Epsilon 8
Sigma Lambda 19 Sigma Beta 6

Super Bowl

Kappa Theta 20 Sigma Lambda 6

Pointers and Predictions

Alpha Sigma Chi - Although winless in 1988 showed great optimism for the future.

Sigma Phi Epsilon - Showed brilliance in some spots and just missed making the playoffs.

Kappa Alpha Sigma - Struggled in '88 but with the experience learned could challenge for the top spot in '89.

Sigma Beta - Not expected to challenge for the championship. Sigma Beta turned in a solid season going 5-1. The knowledge they gained this year could lead them to the Super Bowl in 1989.

Tau Kappa Epsilon - In their first year of I.F.C. football. made the playoffs, and played with great intensity. They have a young team and could be tough in the future years.

Sigma Lambda - Struggled at the beginning of the season but finished extremely tough upsetting Sigma Beta in the playoffs and losing to Kappa Theta in the Super Bowl.

Kappa Theta - Was superior all year long, winning their fourth straight Super Bowl title. They should have a good chance for a fifth in 1989.

Monarchs fall to Hoyas in heated battle

By Dan Maltese
Associate Editor/Sports Editor

In a hard fought game, the Saint Leo College men's basketball team lost to the fourth ranked team in the nation, the Georgetown Hoyas, 95-62. The game was much closer than the score reflected. According to assistant coach Kevin Dunne, the Monarchs, (2-4), played tough against the much bigger Hoyas, (3-0). "We went up there with some goals in mind," he said.

Alonzo Mourning, Georgetown's highly acclaimed freshman, was held to 11 points and for the first time this season, the Hoyas were kept under 100 points. Dunne said the Monarchs kept their turnovers down and applied full court pressure against the Hoyas throughout the game.

Leading Saint Leo in scoring were Carl Green, 26 points, and Mark Van Gerpen with 15 points. The next two games for the Monarchs will be on Dec. 16, 17 in Georgia against Valdosta College and Columbus College.

Sports shorts

Soccer Star

For the third straight year, senior Jimmy Murdaugh is representing Monarch soccer on the All-South Team. Murdaugh finished the season as the sixth leading scorer in the conference with seven goals and three assists.

Tennis Team Ranked

The Saint Leo College women's tennis team has been ranked 15th in the nation, according to division 11 preseason polls. Leading the Monarchs this year is Jennifer Johnston, a sophomore from New Port Richey, ranked 34th in the nation in division 11.

Women's Basketball

The women's basketball team has a 2-3 record after five games. Their first victory was against Fayetteville State of North Carolina 60-55 in overtime. The team lost their next three games to Johnson C. Smith University of North Carolina 61-91, Otterbein College of Ohio 64-81, and the University of South Florida 48-91. The Lady Monarchs ended their losing streak with a victory over Flagler College of St. Augustine 73-59.

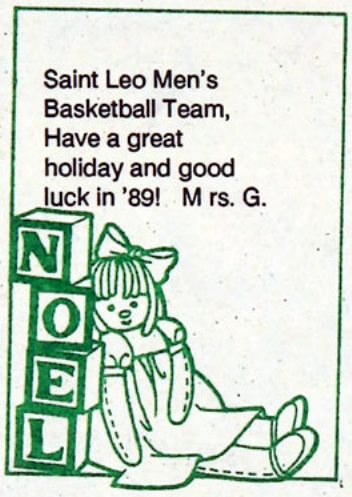
Men's Basketball

The men's basketball team also has a 2-3 record after five games. The Monarchs opened their season with a 75-59 victory over Georgia College. They lost their next three games to the Florida Institute of Technology 91-101, Randolph-Macon College of Virginia 61-72, and Georgia's Armstrong State 97-100. The Monarchs captured their second victory thrashing Florida Atlantic University, 104-58.

ΑΞΩ

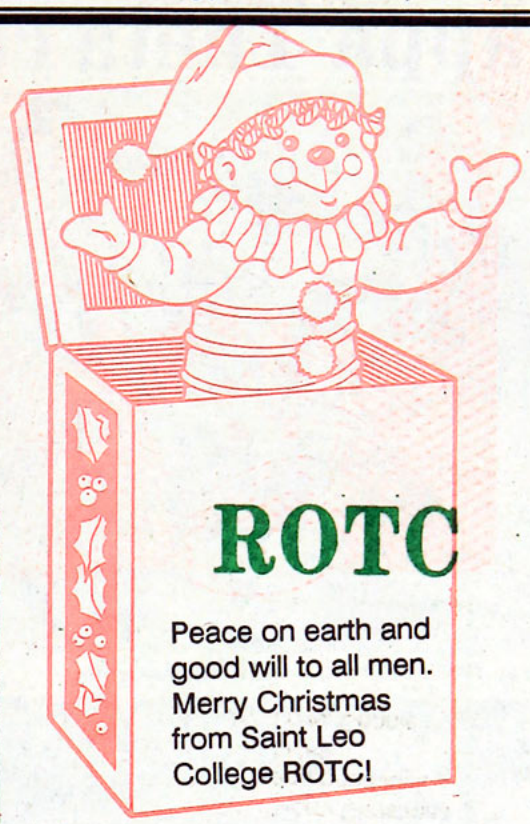
Alpha Xi Omega wishes everyone at Saint Leo and their families a Merry Christmas!

Merry Christmas to all and a Happy New Year! Love, Panhellenic



Saint Leo Men's Basketball Team, Have a great holiday and good luck in '89! M rs. G.

Happy Holidays to MSG Ridgewell, Connie and the Corps of Cadets from Capt. Simon.



ROTC

Peace on earth and good will to all men. Merry Christmas from Saint Leo College ROTC!

Happy Holidays to all AEX brothers.

Ed Lachance

Merry Christmas, Saint Leo Cadets! Party hardy, but come back in one piece. Cadet LTC Brlecic

ROTC Cadets, Have a Merry Christmas and Happy Holiday! Mrs. G.

Have a groovy Christmas and a peachy New Year, Saint Leo ! John A. Merullo

Dear Sisters of Delta Phi Delta, Have a wonderful Christmas With love, Nancy

To brothers of Tau Kappa Epsilon, have a great Christmas! Dan Maltese

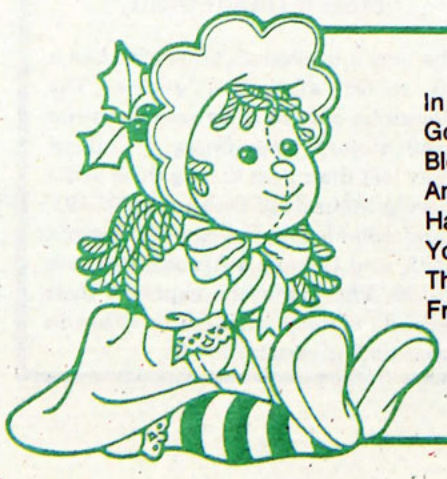
ΣΒ

Sigma Beta wishes all the Greeks a happy and safe holiday season!

Coach Gillespie, Merry Christmas and good luck in '89 Love, Connie

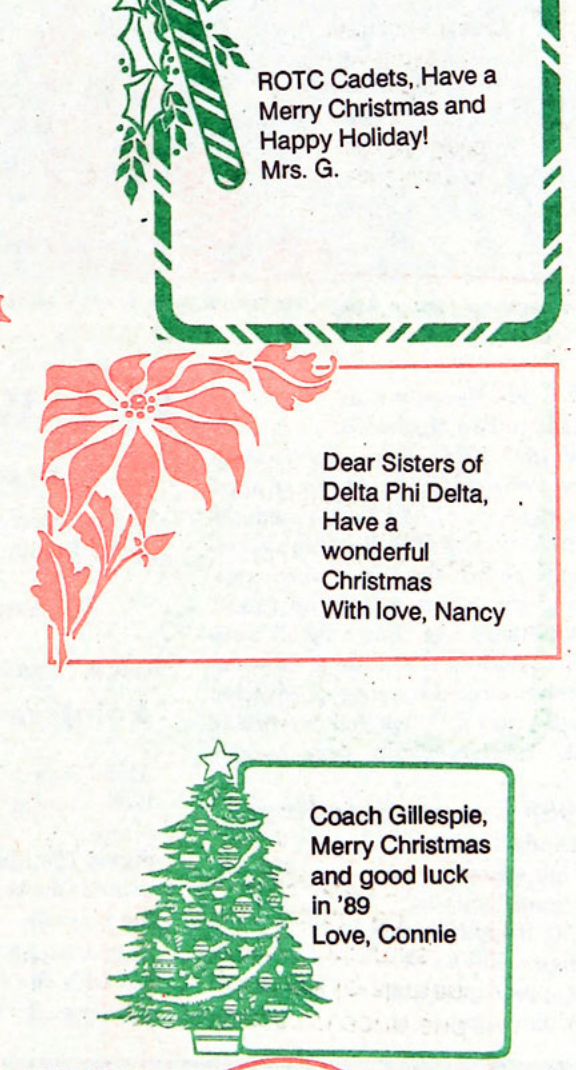
ΔΦΔ

Have a safe and happy holiday! Love, Delta Phi Delta Nancy, we love you!



In your journey God watches over you, Blessing your Christmas And loved ones too. Happy holidays, You're in our prayers, That special group From student affairs

Wife, Merry Christmas! Love, The Husband



Campus Ministry

May we work toward peace on earth with good will toward all. Merry Christmas! Campus Ministry Organization